



GERENJUTU

DECEMBER 1975 VOLUME IV, No. 12

35¢

RENJUTU

TABLE OF CONTENTS

<i>The Way We Are</i>	
Lecture by Richard P. Goodwin	3
<i>The Penetralia</i>	
by Andrew Jackson Davis	5
<i>Student's Corner</i>	
Article by Britt Lindstrom	7
<i>Views of Our Heavenly Home</i>	
by Andrew Jackson Davis	8
<i>Visitors' Views</i>	9
<i>Spiritualist Dictionary</i>	10
<i>Proverb by The Wise One</i>	11
<i>Prayer for Spiritual Healing</i>	12
<i>Healing Hands</i>	
Article by Hazel Field	13
<i>News and Views</i>	
by Duncan Robertson	15
<i>A Guide to Mediumship</i>	
by E. W. & M. H. Wallis	16
<i>Children's Corner</i>	17
<i>Cook Book Capers</i>	22
<i>Invocation</i>	23
<i>Busy Bees</i>	
by Miriam Bostwick	24
<i>Declaration of Principles</i>	25
<i>Proverb by The Wise One</i>	26
<i>Becoming a Spiritualist</i>	
by H. Gordon Burroughs	27
<i>Lest We Forget</i>	28
<i>Poet's Pen</i>	30
<i>Fables for Young and Old</i>	31
<i>Serenity Cassettes</i>	32
Published Monthly by SERENITY SPIRITUALIST ASS'N	
NSAC, P.O. Box 137, Forest Knolls, Ca. 94933	
EDITORIAL DEPARTMENT	

Richard P. Goodwin. Editor
 Miriam Bostwick Ass't Editor
 Opinions expressed are not necessarily those of the SENTINEL.
 All unsolicited manuscripts must be accompanied by a self-addressed, stamped return envelope.

THE WAY WE ARE

*A lecture given at Serenity Spiritualist Church on Nov. 2, 1975
through the mediumship of Richard P. Goodwin*

Now, this morning I am scheduled to speak on *The Way We Are*. A most interesting question, and a question indeed it should be to our mind — *the way we are*.

Now, all philosophies have taught and continue to teach that it is truth that sets man free. They have also taught that man must know himself in order to find the truth so that he can be free. We understand in this philosophy that we are not about to know the truth because we are not yet ready to face ourselves. So we can't have truth and we can't have freedom until we are ready and willing and able to make that step to face ourselves.

Now, how does man face himself? He presents so many faces to so many different people, it is a wonder that man truly ever does find himself when the mind conceives and conception guarantees, in a world of creation, its own deception. We understand it is the soul, the Divine Eternal Spirit, expressing through the individualization of the soul that perceives and that's known as perception.

How does man reach that state of consciousness called perception? We don't reach anything inside, my good friends, until we are ready to face what is called personal responsibility. Now, what do we mean by personal responsibility? We simply mean your own ability to respond to the dictates of our own conscience. Now, conscience we understand to be a spiritual sensibility with a dual capacity that knows right from wrong, that it does not have to be told. And so it is, when we accept that still, small voice within ourselves called our conscience, and we do what that still, small voice dictates us to do, then we will face our personal responsibilities, the ability to respond to the laws that we alone have set into motion by our own thinking, by our own acceptances in life and by our own rejections.

As long as we, as individualized souls, continue to play the mental gymnastics of what is known as brain games, as long as we feel some type of satisfaction from the playing of those games then we will

(continued page 4)

THE WAY WE ARE

continued from page 3

continue to present a different face to different people under different circumstances so that we may have some degree of satisfaction in our lives.

Our philosophy teaches that satisfaction is a sleep of the eternal soul, that when man awakens by facing his responsibilities, that process of awakening is very irritating. It is not irritating to the eternal soul for this awakening; it is irritating to the restricted mind of man's own creations in his own life.

Happiness and joy is not something that man needs to chase outside in the universe to find, for the truth of the matter is that happiness and joy and the goodness of life does not exist out in the universe unless it first is permitted to exist inside of our own self, for the law dictates that like attracts like and becomes the Law of Attachment.

Now, when we begin to grow up to become mature adults emotionally, when we face what we are really doing to ourselves, when we make the effort to trace every experience in life backward to the cause, when we look out into the universe at people and things and we take the reins on blaming others for our weak character and for our

own frailties, when we stop doing that, we will start growing up. But we won't grow up until we make up our own minds, until we finally bow our own titantic egos to the greatest power there ever was or ever will be. As long as we continue these games of our brain, playing one against the other, we will be void, we will swim in the sea of loneliness which is the direct effect of self-pity.

And so it is, my friends, in the teaching of this philosophy, we find no blame outside of our own universe. It is not the world and it is not God. When we become adult, we will not only know that eternal truth, we will begin to apply it and become the living demonstration of this so-called heaven on earth in the here and the now. I admit that it takes a bit of effort to try to control one's own mind. The reason that it takes a bit of effort is because we have made no effort to control our emotions at all. Now, our conscious mind thinks that we do. We go on our jobs and out into the world and we suppress these feelings. Someone says something to us and we don't like it. We suppress the feeling because it is our job, we are being paid for it, and if we

(continued page 6)

THE PENETRALIA
 BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS
 by Andrew Jackson Davis

Continued from last issue—

Should little children practise prayer?

Little children should be taught that Father-God is a spirit, and they that worship him must worship him *in spirit* and *in truth*; that is to say, children should not think of a position of the body, or of words, but of living good lives and doing good for goodness' sake. The daily recollection and exercise of this aspiration is a prayer "in spirit;" while resisting temptation, speaking the truth, living peacefully, washing the body, learning wisdom, and doing good toward other children—this is a prayer "in truth;" and the Father seeketh such to worship him.

Can a discordant person pray?

Yes; there is no need of prayer where there is no temptation—no discord; the good man's life is a prayer perpetual.

Are words natural to prayerful gratitude?

Hannah More hath well answered:—

"Fountain of Mercy! Whose pervading eye can look within and read what passes there, accept my thoughts for

thanks: I have no words. My soul o'er-fraught with Gratitude, rejects the aid of Language—Lord! behold my heart."

When we pray should we think of a Personified-God?

True prayer is the result of no intellectual perception of persons, relations, effects, or principles; it bursts suddenly forth like a shout of joy, a cry of fear, a word of praise, a note of music, a shriek for help; hence all scholastic lip-service in churches, like a blessing hurriedly spoken by hungry mouths over a feast of fat things, is an inevitable profanation. Oh, how I love that brother and that sister—the spontaneous child of Father-God and Mother-Nature—who asketh for spiritual aid, the gratification of unselfish desire—

"For light and strength to bear our portion of the weight of care That crushes into dumb despair one half the human race!"

You have frequently used the terms "Father-God and Mother-Nature," what do you mean?

By the term *Father-God* is meant the living Fountain
(continued page 34)

THE WAY WE ARE

continued from page 4

don't suppress the feeling, we may not have the job too long. That is not where truth lies, that is only where effect lies. The only value or benefit to any experience in all eternity is our own willingness to trace the experience, which is an effect of a law, through the jungle of our own mind, and we will find that we set that law into motion although our mind is not readily going to admit it.

And so it is, my good friends, that the truth in life is we are where we are because we have made our minds what they are. We alone have done that. We can change it at any moment, or we can continue on the wheel of illusion and delusion that it is someone else's fault. We can continue to blame the employers and the friends, the husbands, the wives, the families, the ministers of the churches and everyone else, and we will sink deeper and deeper and deeper into what is known as the cesspool of self-pity, the epitome of illusion and delusion.

No one, so soul, in truth, wants to remain on this so-called karmic wheel of delusion. The soul does not aspire to remain in such a disastrous condition for the mind is the vehicle through

which the soul expresses. So, my friends, it is taught to "suffer senses not in vain for freedom of thy soul is gain." But let us be, in our suffering, which is the effect of the games we are playing, let us be just a little bit considerate and not demand in our consciousness, because we are suffering the victimization of our own ego games, let us be a bit considerate of another that we do not try to make such effort to pollute everyone around us and the whole universe. The world is very concerned about ecology; it is very concerned about the pollution of the air. It is well and nigh time that we be concerned, or at least interested in the pollution of our own eternal soul, that we be a bit more concerned about the pollution that our mind is pouring out into the atmosphere. You see, my friends, self-pity demands company for its own survival. Let us not choose to be the victims and the support of people's own self-pity, for if we choose to be so, that is a choice we have made in consciousness, and the self-pity that they pollute the atmosphere with rises within our own consciousness for like attracts like and becomes the Law of Attachment.

(continued page 29)

Student's Corner



by Britt Lindstrom *

Humility is a soul faculty and how difficult it is for some of us to bow in humility.

We seem to get into the "forces" so easily when we "think" we have been corrected unjustly, or we have made a mistake of some sort and feel embarrassed, but only if we bow in humility can we really grow to a higher plateau and go on to the next lesson. We never learn our lessons completely and we often have to go through them again and again, but each time we go through them we hopefully learn just a little bit more from each experience. Each and every experience is necessary to all of us.

Let us not be on such a high ego trip that we can't bow in humility to find God and peace.

This philosophy is trying to help all of us to be more aware of our inner being, but most of the time we are locked

-in in our own self and can't see the light. Take, for example, emotion. Emotion is something we all go through at different levels. As we know, this philosophy teaches us over and over again "whatever happens to us is caused by us," but how difficult it is to see that when we are locked-in in our self and the emotions run away with us. As we let our emotions get hold of us, all the little entities around us grow and we get into a depression which can be a bit difficult to get out of. If we could just sit down long enough to look straight at the situation and ask ourself very calmly "Why is this happening to me now," "What did I do to trigger this experience to come for-

(continued page 33)

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

CONCERNING THE CELESTIAL RIVERS IN SPACE

Continued from last issue—

*"We'd sail across thy silver seas,
We'd hear thy streams and murmuring trees,
We'd feel thy gentle, fragrant breeze,
Summer-Land, sweet Summer-Land!"*

Song by Love M. Willis

In this communication it purposed to treat plainly a subject full of celestial effulgence and overflowing with harmonious beauty, namely: Concerning the streams and rivers of immensity.

No science of chemistry, no theory of electricity, no philosophy of geological development, no system of meteorology, no explanation of planetary revolution and harmony, can be even approximately complete without some definite and practical knowledge concerning these invisible, yet substantial, elemental circulations which exist and labor in the vast upper spaces.

I have several times observed that, from each of the earths in our system, great electrical and magnetic rivers flow out and in, to and fro, like a ceaseless tide; on the soft, golden bosom of which all death emancipated

men, women and children float into their celestial home; and by means of which they and all other voyagers may, and do, return again and again, personally or by representation, or by telegraphic contact, or by cerebral and mental impressment. And I have also observed (and most of my present statements and facts are of recent date), that — the flowings and ebbings of these elemental Gulf Streams — those Amazonian rivers, which sweep through the upper atmospheres and onward far away among the interstellar spaces — correspond, in a general way, to the forward and backward movements of the blood, which floats upon currents yet more vital, from its governmental centre, the the heart, to the finest and most remote points, the outermost of the human body.

(continued page 14)

Visitors Views

"This was a different experience for me as I have attended & been active in the Christian church. Mr. Goodwin pinpointed a situation that has been with me and this was surprising to me. I have an open mind & will continue to learn about Serenity." W.S.

"Very high spiritual energy that reaches in and touches your soul. After the service I felt healed, high and at Peace. Thank you."

"A new and interesting experience for me. I am impressed by the young people who work as guides. Would like to return." F.G.

"Thank you—I had a deeply meanful experience this day."
N.B.

"I feel great strenght coming here and it gets stronger every time I attend the services. I'm beginning to see very clearly the need to stop my brain from leading my life, so God can step in."



"A nice serene feeling and a feeling of great love and devotion. Enjoyed the social too." D.J.N.

"The service was a delicate interweaving of group and personal interaction."

"I have enjoyed your little service. I was deeply touched by the togetherness of your people. This is a warm place."

"Received enlightenment crisply." W.K.

"I really like it. I think you have a good thing going. Keep it up." N.S.

"I find the whole service very fulfilling." A.L.C.

"Your services are very impressive. Great." L.K.

SPIRITUALIST DICTIONARY

SUBUD

A mystical movement established in 1947, and stemming from the teachings of Pak Subuh of Indonesia. It does not claim to be a religion, but aims at unity of all peoples in worship of God. They do, however, reserve certain 'divine mysteries' as secrets. Pak Subuh was born in 1901 and claimed revelations in his twenty-fourth year; his coming is supposed to have been foretold by Gurdjieff.

SUB-CONSCIOUS
COLOURATION

In trance communications, the medium's sub-conscious mind is said to be used as an instrument by the unseen operators. The message is therefore liable to colouration by reason of the contents of the medium's mind. So much depends upon the skill of the spirit and the passivity of the medium. No amount of colouration can, however, account for knowledge outside of the medium's range, being brought through.

SUB-CONSCIOUS MIND

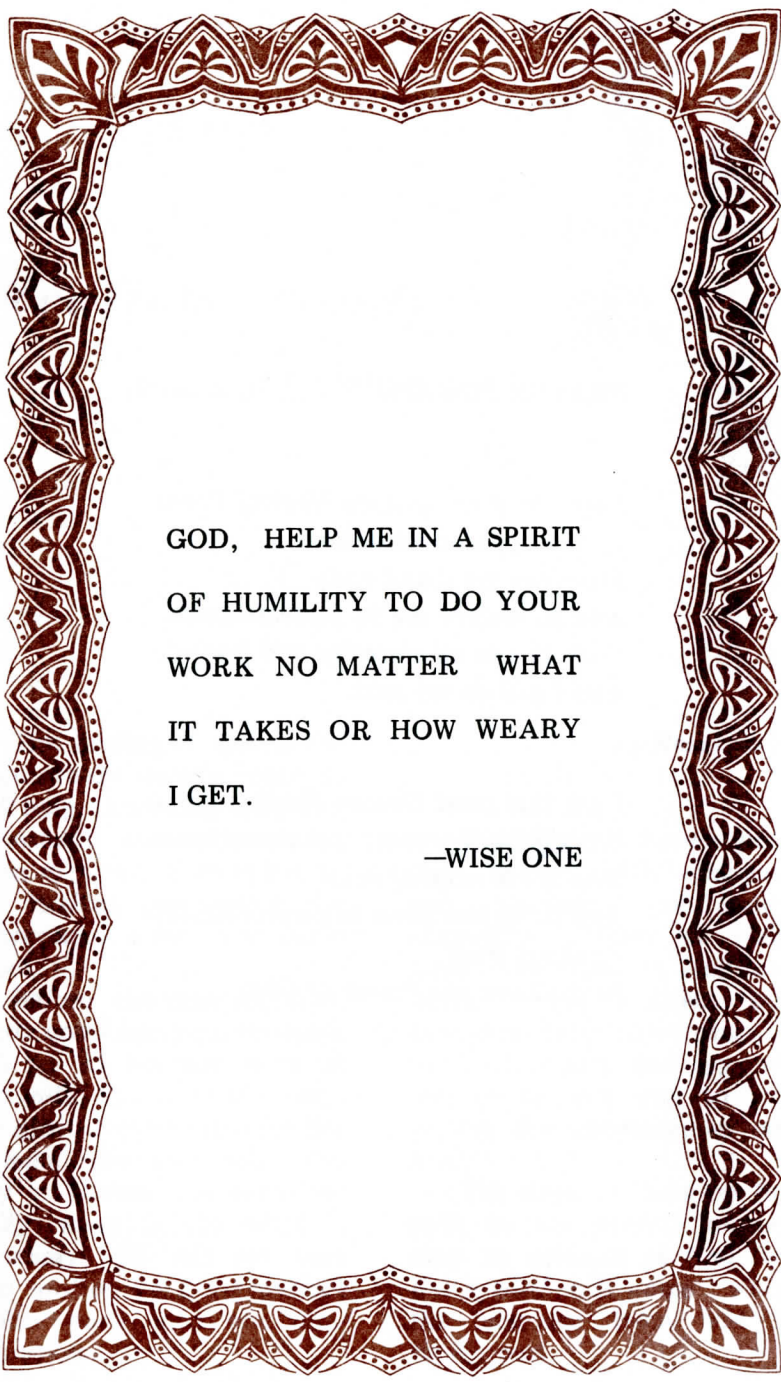
That part of the mentality of which one is not immediately aware. It differs from the conscious mind in that it appears to function without awareness of the stimuli, and it has an extensive control over the working details of the bodily organism. Spirit messages have told us that it can be an instrument which they can learn to manipulate in order to control a medium's organs, thus producing automatism phenomena. Under hypnosis, the subconscious mind may be controlled by the hypnotist's suggestion.

SUBJECT

A creature of the earth, human or animal, as distinct from a discarnate entity.

SUBJECTIVE PHENOMENA

That phenomena which arises within the mind, exclusive of external observation. (As distinguished from Objective phenomena.)



GOD, HELP ME IN A SPIRIT
OF HUMILITY TO DO YOUR
WORK NO MATTER WHAT
IT TAKES OR HOW WEARY
I GET.

—WISE ONE

PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands



The healing chapel is the place where people come to seek help. In seeking, they find a peaceful atmosphere. And when a person is receptive to the healing permeating the atmosphere, a cure may come about.

Before entering, let God, Spirit, come into your thoughts and try to become more at one with Spirit. In this way, the spirit doctors can help the patients who seek help. The way is shown and when we really want to do what is necessary, we will set laws into motion to bring perfect health back into our consciousness.

by Hazel Field

Our thoughts have a great deal to do with changing and balancing our body chemistry. When we truly make the effort to stop and think and redirect our thoughts from the past to ones of beauty and joy, we will be on our way to correcting the imbalance in our lives.

The steps we take on the path to the inward journey may be difficult at first but the reward will come when the bondage from self is finally met.

HEAVENLY HOME

(continued from page 8)

Let this perfect analogy, based upon a fact inseparable from your daily life, impress itself distinctly upon your mind. As the crimson fluid of your heart, which is both positive (arterial) and negative (venous), and which with corresponding reciprocations pulsates to and fro, in and out, throughout the arteries and veins of the human body; so, and upon like principles of motion, and with similar functions, the magnetic and electrical streams of the upper regions start from geo-centres (earths) and from helio-centres (suns) and flow with every conceivable form of beauty through the heavenly atmospheric fields. The directions of these streams are as various as are the radial lines from a globe, and in numbers they are strictly countless. These great living currents promote the refinements and assimilations of atoms among the organs (globes) of the infinite body of God. They form and

flow forth between all the solar centres and the inhabited globes in space; and thence they stream onward and inward into the next great sphere of human existence, which we now call the Summerland.

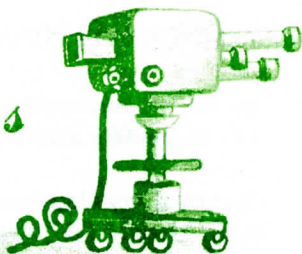
Your attention is now asked to a brief consideration of this transcendent fact, which is one of the greatest wonders of the starry universe, which no astronomer has yet seen, because it belongs to the so-called invisible ocean of imponderables—a fact, hidden in the physical constitution of Nature, which no investigator can afford either to neglect or underestimate. For are not all men pilgrims? Are they not stopping on earth overnight as at a wayside inn—their home not being the house they for the season occupy? Nor can any man among you afford to underestimate or ridicule your fellow-pilgrims.

(continued next issue)

Self-control is a conscious choice of all experience.

—The Wise One

News & Views



by Duncan Robertson *

One's attitude at any given moment plays a strong role in determining ESP response claims Gertrude Schmeidler of City College of New York. Schmeidler, who has studied paranormal phenomenon for over 30 years, says that everyone has ESP in varying degrees but those who do best with it usually have a free, uncritical readiness to respond and are open to impressions. She adds that a cynic may provide his own undoing as did two doubting subjects in one of her earlier experiments. The two scored markedly below the number of correct test answers allowable to chance "which course implies some unconscious information." The report appeared in the *Journal of Communications*.

Boredom can be the root of just as much pain of stress as overwork and pressure, according to concurring studies conducted separately by the University of Stockholm and the Research Center for Group Dynamics at the University of Michigan. The latter interviewed 2,000 men of various

occupations and found that while family doctors put in the longest hours under heavy workloads requiring high levels of concentration, they ranked low in depression, anxiety and irritation with few cases of poor appetite, insomnia and similar stress related physical problems reported.

Production line workers, on the other hand, with little responsibility, a regularly paced workload and normal hours, showed at the opposite end of the spectrum, reporting the least satisfaction with their work and complaining most about depression, poor appetite, insomnia and other physical problems.

Stress related symptoms can arise just as readily from what University of Stockholm psychologist Marianne Frankenhaeuser refers to as "Stimulus underload" — monotonous, unchallenging work — as they can from pressure and overwork. The body reacts

(continued page 31)

GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT

by E.W. and M.H. Wallis

THE BASIS AND CULTIVATION OF MEDIUMSHIP

Continued from last issue—

It is better to make haste slowly and be sure of the facts than it is to believe credulously and afterwards find that mistakes have been made, or that misleading spirits have seen their opportunity— and have taken it—to practise upon the too eager faith and unquestioning acquiescence in their sportive plans.

There are mediums who have secured a certain degree of unfoldment and lucidity and can give a fair amount of satisfaction to inquirers, but who are not strong enough to withstand adverse, critical, and chilling influences. They droop and fail in the presence of sceptical or cynical people, and ought not to venture before the public until their powers are more fully developed. In the happy private circle they are useful and render very acceptable service, and, possibly, after prolonged experience might become more positive, through the greater activity of their own spiritual nature, so that a larger work could then be successfully performed; but patience

and persistent endeavor are requisite in this realm as in all others, so as to secure steady and orderly unfoldment rather than rapid but imperfect growth.

*Consideration for Those
Who Wish to Become
Mediums*

What has already been said will naturally suggest to aspirants for the possession of mediumship inquiry as to the nature and extent of the application requisite in their case to evolve the essential condition for its successful exercise, and the result of which would test the strength of their aspirations and probably deter a large proportion of those who desire to become mediums, but are unwilling to devote time and energy to the necessary study, from attempting the task. This would be no disadvantage to them; it would save them much unprofitable work.

The editor of the 'Harbinger of light,' of Melbourne, Australia, very forcibly and truly says: 'All mediums are

(continued page 21)

CHILDREN'S CORNER

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our Lyceum. – Editor

Why does God have spiritual teachers?

So they can learn & have more peace & life You can't have peace & life & love if you have fighting all the time. So people can learn to meditate & to like others. And will love nature and animals. A spiritual teachers color is Red.

Virginia Kohl, Age 11

Why does God have spiritual teachers?

for all us to learn, to be nice & to share I feel happy when I share things. To learn laws not like police one's.

Betsy Dillon, Age 5

Why does God have spiritual teachers?

To learn love, and be the great me not the little me. Spiritual teachers color is yellow.

Yvonne Fernandes, Age 11

Principle

God moves thru the hole wide world. God is red-pink.

Janet Triplett. Age 9½

I believe in God I like God very much God is very good to me.

Lisa Toquinto, Age 7

Acceptance

If my mother said clean up your room and you said sure ok. I see the color purple.

Desmond Fernandes, Age 6

Consideration is when somebody ask's you to be quiet and you do. Consideration is pink.

Laurel Smith, Age 8

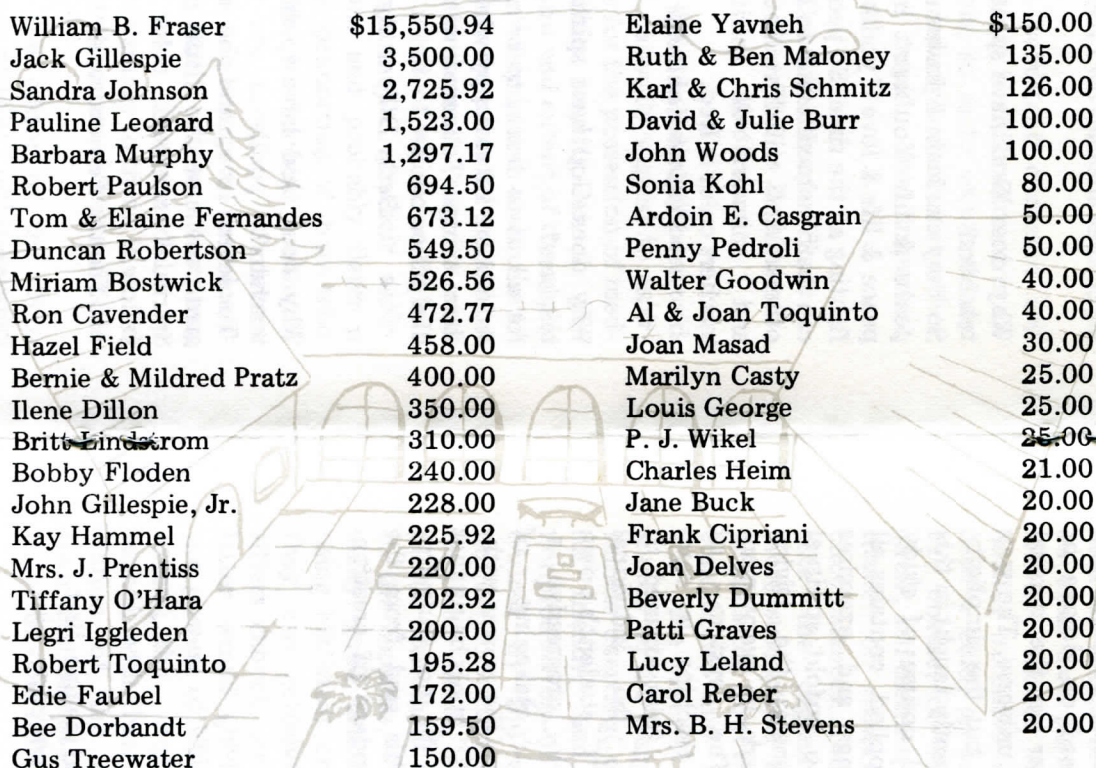
Self Will and Devine Will are opposites Self Will is when you or I think only of are selves, we are number 1, we're the best.... That is Self Will. Divine Will thinks of everybody not just me. me me. Divine Will is when you share. The colours for Self Will are red and brown. Devine Will's are blue, white and pink.

Orianne Smith, Age 11

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE \$32,413.10



William B. Fraser	\$15,550.94	Elaine Yavneh	\$150.00
Jack Gillespie	3,500.00	Ruth & Ben Maloney	135.00
Sandra Johnson	2,725.92	Karl & Chris Schmitz	126.00
Pauline Leonard	1,523.00	David & Julie Burr	100.00
Barbara Murphy	1,297.17	John Woods	100.00
Robert Paulson	694.50	Sonia Kohl	80.00
Tom & Elaine Fernandes	673.12	Ardoine E. Casgrain	50.00
Duncan Robertson	549.50	Penny Pedroli	50.00
Miriam Bostwick	526.56	Walter Goodwin	40.00
Ron Cavender	472.77	Al & Joan Toquinto	40.00
Hazel Field	458.00	Joan Masad	30.00
Bernie & Mildred Pratz	400.00	Marilyn Casty	25.00
Ilene Dillon	350.00	Louis George	25.00
Britt Lindstrom	310.00	P. J. Wikel	25.00
Bobby Floden	240.00	Charles Heim	21.00
John Gillespie, Jr.	228.00	Jane Buck	20.00
Kay Hammel	225.92	Frank Cipriani	20.00
Mrs. J. Prentiss	220.00	Joan Delves	20.00
Tiffany O'Hara	202.92	Beverly Dummitt	20.00
Legri Iggleiden	200.00	Patti Graves	20.00
Robert Toquinto	195.28	Lucy Leland	20.00
Edie Faubel	172.00	Carol Reber	20.00
Bee Dorbandt	159.50	Mrs. B. H. Stevens	20.00
Gus Treewater	150.00		

CHILDREN'S BUILDING BLOCKS

Yvonne & Desmond Fernandes	170.00
Erik Masad	25.00
Michael Field	21.00
Lisa Toquinto	10.00
Virginia Kohl	5.00

We gratefully acknowledge gifts to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

The Living Light

THE LIVING LIGHT is a unique book, presenting the first and fresh expression of the individual understanding of a Great teacher from other dimensions, known to us only as *The Old Man*. This book, given as a series of discourses to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin, contains the understanding developed in *The Old Man* through centuries of study in the higher realms of Light. The lessons to be perceived are not new. In fact, they are very, very old, but they are new and alive to certain levels of our con-

sciousness. This is why they are given now, in our time, to those who seek. These lessons are not based on dogma or creed, rather on the natural laws of the universe. The way is not easy, but the simplicity of truth is gently taught in this inspirational course of study which, if applied, contains all the teachings and exercises necessary to unfold spiritual awareness, the Divine spark in every man. The system of teaching is carefully attuned to the individual student's own progressive awakening of the power within his being that he may truly free his soul from the bondage of creation.



SELECTED PASSAGE:

He who does what is to be done without thought or interest in results is ever free to do the work of the Divine.

Order now your copy of the limited deluxe first edition of *THE LIVING LIGHT*. \$10.60 per copy, plus \$.30 handling and mailing. Mail order to:

SERENITY PUBLICATIONS

P. O. Box 137

Forest Knolls, California 94933

GUIDE TO MEDIUMSHIP

continued from page 16

liable to be affected by all sorts of subtle influences, such as a loss of magnetism on their own part; a lowered vitality; mental trouble; ill health; excessive heat or excessive cold; an unsympathetic, hostile, or inharmonious circle; self-distrust, and a multitude of other disturbing circumstances. The more delicate the organization, the more susceptible the medium to suffering from these adverse conditions; and the greater and the more considerate should be the care and watchfulness exercised over him by his friends. And again, the nonproduction of the results desired by the sitters does not depend primarily upon the medium, who is simply a plastic instrument in the hands of the controls, who may see many good reasons for not using his brain or voice. For they can perceive what the sitters cannot; and while the latter would go on working the powers of the medium to excess, the higher intelligences, with their finer appreciation of the delicacy of their instrument, and of the duty of carefully preserving

it, will often put an abrupt and decisive stop to manifestations, which are always liable to become exhaustive. The simple truth is, that even those who have had the greatest experience in Spiritualism possess but a limited knowledge of the laws and phenomena of mediumship; but what they do know suffices to convince them that the ancient Egyptians, Greeks, and Romans acted very wisely in surrounding their mediums—priestesses, keepers of the oracles, and vestals, as they were variously called—with the best possible safeguards for the preservation and protection of their beautiful gifts.'

Earnestness And Devotion Required

The crucial point of the whole matter is whether, granting that they possess the requisite natural capabilities, those who seek development as mediums will be prepared to devote themselves thoroughly and faithfully to the task of securing the coveted results.

(continued next issue)

The world needs you or you would not be here.

—Wise One



Cook Book Capers

RECEIPE FROM: *SERENITY CHRISTMAS*

BAKED HAM WITH HOT CRANBERRY SAUCE

Place ham fat side up on rack in open shallow roasting pan to keep meat out of the drippings. Do not add water. Do not cover. Insert meat thermometer so tip is in center of thickest part of meat and does not touch bone or rest in fat. Roast at 325 degrees until thermometer reads 160 degrees. If ham is already fully cooked, heat until thermometer reads 130 degrees.

For a glazed ham, remove ham 30 minutes before it is done. Pour drippings from pan. Remove any skin from ham. Score fat surface of ham lightly, cutting uniform diamond shapes. If desired, insert whole clove in each. Pat or brush on a mixture of 1 cup brown sugar, $\frac{1}{2}$ teaspoon dry mustard and 1 tablespoon vinegar.

HOT CRANBERRY SAUCE

- 1 can (1 pound) whole cranberry sauce
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup orange juice

Combine all ingredients in saucepan. Heat, stirring occasionally, until sauce is well blended. Serve warm.

INVOCATION

O Omnipotent Spirit of Eternal Truth, manifesting in all life from fragile flower to mightiest oak; we would attune ourselves, knowing that from this contact comes a more perfect understanding of the laws which govern our being, a more perfect comprehension of our duties and greater courage to face our responsibilities. Help us this day to live the truth of our religion of Spiritualism, that we may share with others the joy, peace and understanding it has brought to our own souls.

READING

The philosophy of Spiritualism is freedom and responsibility, for without responsibility there is in truth no freedom. And so if we would be free, then we must free — we must render unto God that which is God's. Man's only sin is selfishness, and so his only salvation is selflessness.

Whereas God is the grantor and sustainer of all life, so man's godliness is his usefulness. When man truly serves in selfless motive he is attuned with God, and being attuned with the Light he becomes the light in the world, to serve

as an inspiration to all with whom he comes into contact. To free is to be free—to bind is to be bound, for that is the Law of Freedom. And so let us free our thoughts and broaden our horizons to view an ever expanding universe of good in our lives. May we ever be a blessing and not a burden to all we meet, leaving each station along our eternal way a little better than we found it.

Let us be mindful of our duty, in truth to our own soul—that we are here for a reason, being given charge of a gift to give to the world. May we deliver our charge graciously in humility, knowing in truth that we are but the channels, and that the gift without the giver is of no value.

May we live our Spiritualism not just weekly or daily, but moment to moment. For there is no greater love and no nobler purpose than to be a free channel for the Divine, a Living Light to the world.

BENEDICTION

May the light we share ever guide our footsteps aright in the great journey of life. Amen.



Busy Bees

*by Miriam Bostwick**

Serenity's fifth annual Holiday Harvest Bazaar was both lovely and highly successful. Gratitude is expressed to all the members, friends and merchants who so generously contributed quality merchandise, their time and efforts.

At present, the greatest thrust of the organization is going into the promotion, packaging and shipping of the new Living Light philosophy game — THE SERENITY GAME. The response to our nation-wide radio advertising has been overwhelming.

THE SERENITY GAME is regularly played by students of this philosophy. It is a "tool extraordinary" for spiritual unfoldment. We are taught that "exposure frees the soul," and indeed, the games of the mind which limit or obstruct the free expression of the soul are revealed. One is enabled to

become increasingly aware of the games he plays and to make greater effort to stay in the principle of divine law.

The new semester of the spiritual awareness classes conducted by Mr. Goodwin will begin on January 8, 1976. Interested persons should apply early for admission. Although the class is limited, cassette tapes of the entire series will be available. Many order the tapes in advance to be mailed regularly to them. It is an unusual opportunity for private study of a philosophy for everyday living.

ANNOUNCEMENTS;—

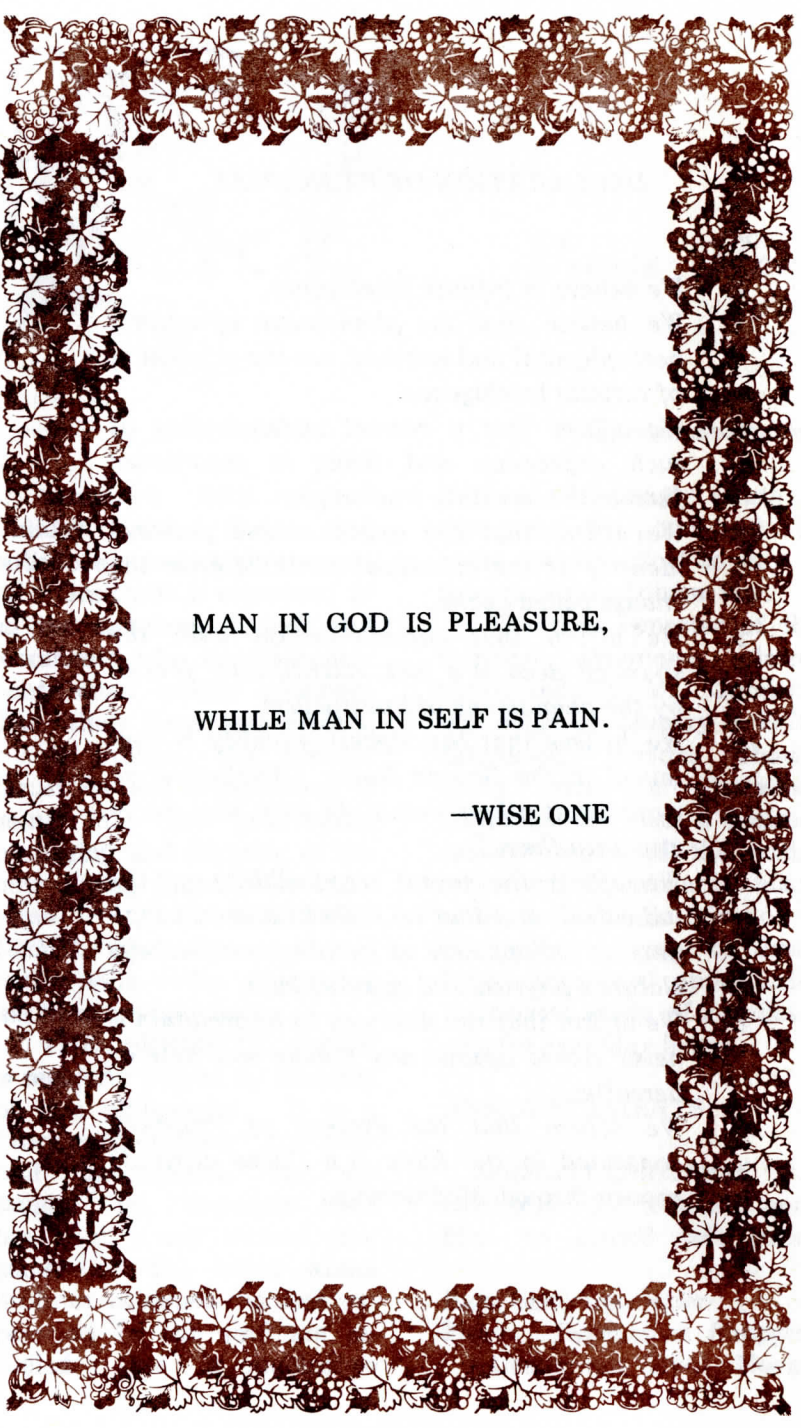
SERENITY CHRISTMAS

December 20 at 6:30 p.m.
Plan to attend this social.

Bake Sale: December 13
Place: Downtown Shopping
Center on Grant, Novato

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



MAN IN GOD IS PLEASURE,
WHILE MAN IN SELF IS PAIN.

—WISE ONE

BECOMING A SPIRITUALIST

by H. Gordon Burroughs

THE TRUE SPIRITUALIST

Continued from last issue—

Above all, the real Spiritualist must learn the mastery of self. . . He will diligently search within himself for all faults which may mar or keep him from assisting others, and when he has found them he will cast them out. He realizes that none is perfect; but he also knows that it is only the struggles through which we pass, the battles that we fight, that give us the strength, understanding, and sympathy so that we may help others who are struggling along the pathway of human attainment. He who has never known hunger cannot understand what the pangs of hunger are to another man; he who has never known suffering cannot really sympathize with the suffering of others.

The true Spiritualist must learn the meaning of prayer in the truest sense of the word. He must, in the inner-most depths of his heart, in silence and all sincerity, pray with the master who taught us to say: "May we not criticize, condemn, or censure one act of any human being, but project almighty love, for they, like

ourselves, are children of the same Father, seeking to find Him according to the light they now have."

He must also realize the fact that simply receiving a message from someone in the Great Beyond will not place him any nearer the Father unless that message has something within it to inspire him to a realization of greater and broader truths. Giving or receiving messages from those in the spirit World does not make a true Spiritualist. Spirituality comes from within and comes only by growth and education.

The true Spiritualist will not indulge in personal quarrels. He realizes that all quarrels are the result of misunderstanding and if left alone, will right themselves.

Every effort will be put forth to bring to mankind the beauties and wonders of life here. He will endeavor to awaken in mankind a love of the beautiful by calling attention to the sublime and wonderful expressions of the Father's love which are ever around us and which so often pass unnoticed.

(continued next issue)



Lest We Forget

Anna
 Hilda Busk
 Claude
 Marguerite Corti
 Duke
 Dina Ekberg
 Francis M. Gelardi Jr.
 Ted Gibson
 Isa Goodwin
 Hilda
 Irene

Jonquil
 Harold Lucas
 Lucia
 Doris Novacek
 Erik Othberg
 Jonathan Gregory Peck
 Red Cloud
 George R. Robertson
 Harold Rogers
 Tica
 Britta Uppstrom

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

THE WAY WE ARE

continued from page 6

And so, my friends, be on guard for all souls express through a mind of eighty-one levels of consciousness, and if someone is near you, around you, about you, polluting your aura with self-pity, that simply reveals that you are not standing firm with your divine spirit, with your eternal soul, if you don't open your mouth and make some changes in the atmosphere around and about you. Do not blame the person that is around you that is polluting the atmosphere. You have the divine right of choice to rise in consciousness to clean air within your own mind. And if you are strong in your faith in God, you will not only breathe the clean air in the midst of the pollution, but your clean air will rid the atmosphere of this pollution of misery and pity which is nothing more, as any psychiatrist would let you know, than a type of insanity which means an imbalance of our own mind.

When we start to think a bit more of God and a bit less of self, we won't have to be so concerned about the pollution in the world. God is the only power that sustains all things in all dimensions. Man, his mind, is that force which has deluded itself that it is the

king of the universe and that delusion guarantees the suffering that man calls hell.

Our philosophy also teaches that man is freed in hell and saved in heaven. Now, when you have had enough hell, when you have wallowed in the depths of the cesspool of self, when you have truly hit the bottom, you will be freed from it, for then you will surrender and let go to an authority greater than your created minds. When that happens, freedom for you, your soul, is assured; it is instantaneous. Now, some people think that once they have gained freedom, they have it. Oh, how I wish that could be true, but that, too, is another delusion. Man has the right of choice. And so, when he hits the bottom, the suffering becomes so intense, he chooses to surrender to a divine authority. In that moment, in that instant, man is freed from his own delusions. However, the brain ego mechanism doesn't take long — sometimes a matter of seconds — to recognize it is no longer king, and then it rises on its throne, and that freedom, that peace and that joy that you were experiencing becomes instantaneously the bondage of hell.

(continued page 33)



Poet's Pen

*Love is harmony
That is the key —
That's what is meant
For you and for me.
We must look to ourselves,
Deep, deep inside
For that, my friend,
Is where God does abide.
We must learn to put God
Above all else —
Else how shall we progress?
So, dear friend,
This is the answer —
Putting God first
Your battle is won!*

—Kay Pipkin

FABLES FOR YOUNG AND OLD

THE LION AND THE MOUSE

A Lion slept in the afternoon sun, but felt a tickling and woke up. There in front of the Lion's eyes ran a Mouse, daring to play King of the Mountain up and the Lion's great paws. The Lion lifted a paw and pinned the Mouse to the ground. Mouse squeaked in fear. "Oh, Kingly Lion," she said, "had I known I would disturb you I would never have dared to come near. If you will let me go, I will try to return the favor someday." The Lion had never heard anything so funny! A Mouse helping a

Lion! He laughed and lifted his paw, and the Mouse scampered away.

But later some hunters caught the Lion in a net, and the great beast was afraid. The hunters hung the net from a stout tree and went away to bring a wagon to haul the Lion home. Along came the Mouse and saw the Lion. She jumped to the net and chewed through the ropes with her little teeth. This time the Mouse got to laugh.

—Little friends can be great friends.—

NEWS AND VIEWS

continued from page 15

to stress by producing catecholamines (adrenaline and noradrenaline) which increase alertness and efficiency up to a point. However, a constant overproduction can lead to exhaustion, ulcers and a variety

of psychosomatic and cardiovascular problems. It seems that workers are happiest and healthiest when working to their capacity in areas in which they feel productive.

THE LIVING LIGHT PHILOSOPHY

Now Available on Cassettes

PRIVATE STUDIES in SPIRITUAL AWARENESS

A dynamic and vital understanding of the personally demonstrable natural laws of the universe - how the mind really works in bringing experiences into our lives — many teachings never before given to the world publicly.

Actual recordings of the original discourses contained in THE LIVING LIGHT book, church lectures and all of the Serenity Spiritual Awareness Classes brought from the higher spiritual realms of Light through the trance mediumship of Richard P. Goodwin.

For beginning or advanced students of life. The LIVING LIGHT philosophy has been designed to bring you all the necessary keys to unlock the doors of your universe that your *heart* may open, that you may experience the *freedom*, the *joy* of living, the *truth* of life herself.

A complimentary descriptive cassette catalog is available upon request. It gives details of the Serenity Cassette Club and how substantial savings may be effected through membership in it.

Write to: SERENITY ASSOCIATION
 P. O. BOX 137
 FOREST KNOLLS, CA. 94933

THE WAY WE ARE

continued from page 29

And so our teaching is, stand guardian at the portal of your thought that your eternal soul not descend into the depths of living hell for that is not the destiny of your soul, it is only that God in His infinite mercy and kindness gave man the right of choice that he may choose consciously in the eternal moment between heaven and hell in the here and now.

So my students, friends and visitors to Serenity, don't be so concerned about where you're going after you leave your physical bodies. Don't waste your time and energy on such foolishness because you already know where you are going, because you already know your own mind. If your mind is disturbed and filled with pity, that's where you are in consciousness. The only change there is going to be at

so-called physical death is that you are going to take off a suit of clothes. You will either burn it and purify it, or bury it in some sod somewhere and let the worms have it, but you will be, your soul, in your mental body, so you already know your mental body. So, you already know your heaven or your hell. Some religions teach a purgatory, which is a wonderful teaching. It implies purification. Well, you have already lived enough years to know what purifies you. When the suffering is intense enough, you change your mind and you get out of it. Now, that's called purgatory and its process is purification. Well, we are already in hell, purgatory or heaven right now, so don't be so concerned about tomorrow. Take care of today and you will know right where you are going.

STUDENTS CORNER

continued from page 7

ward at this time in my life?" If we can truly be at peace when we ask these questions, the answer will be there and we can again rise to higher

ground and learn from the experience that we must strive for balance in our lives and by daily effort we can reach that goal.

THE PENETRALIA

continued from page 5

of all Causation; by *Mother-Nature* is meant the Fountain of all Effectuation.

Are these principles masculine and feminine?

Yes; and the Harmonial marriage of these co-essential and co-eternal Principles, half personified and wholly unalterable, was followed by proliferations innumerable—children, men, spirits, angels, in infinite orders and degrees of perfection—which people the countless worlds around, and the spirit Lands beyond; whose unfading groves never feel the blasts of adverse winds, whose endless avenues never lead through uncultured wilds, whose landscapes never weary the eye, nor exhaust the soul that loves the pilgrimage of Eternity!

How would you further define the offspring of this most holy marriage?

I would further define them by affirming them to be, first, all shapes and degrees and relations of Matter: and second, all forms and unfoldings and effects of Mind. This is the broadest general definition of Nature's works.

If human beings and invisible spirits are legitimate children, do they not resemble their progenitors?

Yes; man's body is a

physiological representation of the physical universe, and the spiritual universe is psychologically revealed in man's mind; therefore, the harmonial body bears the features of Mother-Nature, and the best mental organization presents the image and likeness of Father-God.

What is true morality?

True morality is the living-out of *your own ideas* and sentiments of true religion. That man is truly and gloriously moral whose acts spring from the affection of Universal Justice; whose deeds owe their birth to a love of human good and happiness.

What is fidelity?

Fidelity is the integrity of your soul to itself—obedience to the angel of God within—to your best and highest Attractions.

What is infidelity?

Infidelity is the wilful violation of that within you which you believe to be Truth, Justice, Righteousness.

What is Truth?

Truth is that divine and eternal principle which "fills, bounds, connects, and equals all"—the Cause and the Effect of infinite Harmony—everywhere cohesive and at all times consistent—as in the material so also in the spiritual realms of Existence.

(continued next issue)



THIS IS MY CHURCH

This is my Church.
It is composed of
people like me.
We make it what it is.

I want it to be a
Church that is a
lamp to the path
of pilgrims, leading
them to goodness,
truth and beauty.

It will be, if I am.

It will be friendly if I am.
Its pews will be filled, if I help to
fill them.
It will do a great work, if I work.
It will bring other people into its
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,
of fearlessness and faith, and a Church
with a noble spirit—if I, who make it
what it is, am filled with these.

Therefore, with the help of God, I shall
dedicate myself to the task of being
all of these things that I want my
Church to be.

—From “I Belong”
by Hoover Rupert

Serenity Spiritualist Association

Forest Knolls, Ca. 94933

NSAC

